



FlySpace Physical Therapy + [Production Name] Welcome + FAQs

Hello and thank you for welcoming FlySpace Physical Therapy into your community!

We're thrilled to support you during rehearsals and performances with HBArts Collective.

At FlySpace, we help dancers, athletes, and performers prevent and manage injuries so you can perform at your best — safely and sustainably. Our goal is to ensure you feel **supported, informed, and empowered** in your care.

Please see below for more information about physical therapy services. Don't hesitate to reach out with any questions — we look forward to working with you!

Warmly,
The FlySpace PT Team

WELLNESS HUB

All things health and wellness for HBArts Collective will be posted in one central spot: https://linktr.ee/HBArts_PT. Visit this page to:

- Sign up for all wellness appointments
- Access important health resources
- Learn more about your care team

BEFORE YOUR PHYSICAL THERAPY SESSION

Please complete this confidential medical history and consent form before your first PT session: [Medical Screening Form](#) - *Treatment cannot begin until forms are completed. Your privacy is our priority.*

This form is strictly confidential and will not be shared with anyone other than your care team. Your responses help us provide the safest, most effective care possible. Thank you for your cooperation!



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WHERE IS PHYSICAL THERAPY TAKING PLACE?

On-site in the rehearsal studios. Sessions are 30 minutes in duration.

*Note: If urgent care is needed, we *may* schedule PT at FlySpace PT located at 252 W 81st St, Level C, NY, NY 10024.

You can sign up for all PT appointments via the [WELLNESS HUB](#)

HOW DO I SIGN UP FOR PT?

Visit the WELLNESS HUB to sign up for PT sessions both onsite and at FlySpace.

- Onsite sign-ups open each **Monday** for that week.
- If you can no longer attend your appointment, please remove your name from the list promptly and message the group chat to see if another performer would like to take your spot.

Thank you for being considerate of your colleagues!

WHAT CAN YOU EXPECT IN A PHYSICAL THERAPY SESSION?

In each session, we'll review your symptoms, activity load, and movement, then perform a physical exam to guide the most effective treatment — from hands-on care to movement training and exercise.

Our goal is to help you feel your best in the moment while also giving you the tools to address issues early, so small aches don't have the chance to turn into something bigger.

WHEN SHOULD YOU COME TO PHYSICAL THERAPY?

Sign up for physical therapy if you:

- Are experiencing pain during the show or backstage
- Tweaked something outside of work
- Feel an old injury returning
- Want guidance on safely moving props or equipment

But you don't need to wait until something hurts! Even without an injury, PT can help fine-tune your movement mechanics, build safe warm-up and cool-down routines, and connect you with other health and wellness professionals for comprehensive care.



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We encourage you to come **sooner rather than later** — addressing small issues early keeps you healthy, strong, and ready to perform.

Because sessions are brief, please come prepared to share:

- When and how your issue started
- Current pain level (0–10)
- What improves or worsens your symptoms

WHAT HAPPENS IF I NEED TO SEE A PHYSICIAN?

Dr. Donal Rose: Our official physician is Dr. Donald Rose. Donald Rose, MD is an orthopaedic surgeon specializing in sports and dance medicine and the founding Director of the Harkness Center for Dance Injuries at NYU Langone Health. An internationally recognized expert in the treatment of performing artists and athletes, he has published and lectured extensively while serving as orthopaedic consultant to numerous dance companies, Broadway productions, the New York Philharmonic, and the The Joyce Theater Foundation. He is widely regarded as a leader in dance medicine

Though we will work closely with Dr. Rose on this production, he wants to ensure you feel welcome to seek care with the physician of your choice.

WHAT HAPPENS IF I AM INJURED?

Our priority is getting you back to rehearsals and performances pain-free, safe and fast. If you are hurt, please contact both Hope and your physical therapist, Haley Loeffler (haley@flyspaceny.com). Haley will assess your injury to help you determine the best course of action.

With your permission, we will refer you to Dr. Rose, our company physician, for further examination and evaluation. Haley and the FlySpace team will help you to secure an appointment as quickly as possible. To do so, Haley will send a synopsis of your issue to Dr. Rose. It is then your responsibility to email Dr. Rose at Donald.Rose@nyulangone.org with a brief description of your injury and a photo of your insurance card.

FlySpace Physical Therapy is located at: 252 W 81st St (cross-street Broadway), Level C, New York, NY 10024

Contact: www.flyspaceny.com -- call/text: 646.476.0907 -- email: info@flyspaceny.com



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At FlySpace, we accept workers' compensation and are otherwise out-of-network with insurance providers. If you have a workers' comp case, you can also be seen at our clinic under your claim.

*******When booking, please mention you're with HBArts Collective and we will get you in as quickly as possible.*******

Dr. Rose's Office is located at:

RYC Orthopaedics

55 East 86th Street, #1A
New York, NY 10028

Mon-Fri : 8:00 AM - 4:00 PM

Contact:

<https://www.donaldrosemd.com/contact-us-orthopaedic-sports-dance-injuries-new-york-ny/>

office phone: (212) 348-3636

Email: donald.rose@nyulangone.org

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Meet your PTs

On Site PT:

Haley Loeffler, PT, DPT, (She/Her) is dedicated to delivering exceptional, patient-centered care to performing artists and individuals striving to return to the activities they love. She earned her Doctorate in Physical Therapy from Columbia University and holds dual Bachelor's degrees in Health and Human Sciences and Dance from Loyola Marymount University. With a strong foundation in dance and a clinical approach rooted in both movement sciences and neurological rehabilitation, Haley blends evidence-based orthopedic care with the specialized needs of performers. She incorporates skilled manual therapy techniques to support tissue recovery, restore mobility, and optimize functional movement patterns. She also has clinical experience in the evaluation and treatment of concussion and vestibular dysfunction, helping patients safely and confidently return to daily activities, performance, and sport. A cornerstone of Haley's practice is patient education. She is passionate about making anatomy and the complexities of movement more digestible, engaging, and actionable—so patients not only recover but leave with a deeper understanding of their bodies and long-term tools for wellness. Haley is a native



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of Orange County, CA, and has had a long career as a dancer herself, performing professionally in works by Debbie Allen, Bill T. Jones, Paula Abdul, and for companies including HBO and Shein. Her clinical experience includes working with artists from Alvin Ailey American Dance Theater, Joffrey Ballet School, School of American Ballet, the Radio City Rockettes, The Metropolitan Opera Ballet, and Broadway productions such as *Hamilton*, & *Juliet*, *Smash*, *MJ The Musical*, and *Harry Potter and the Cursed Child*. Haley brings both lived experience and clinical excellence to her practice and is excited to continue supporting patients as they reclaim strength, resilience, and joy in movement.

In Clinic PTs:

Marissa Schaeffer, PT, DPT, MBA, OCS, CSCS (she/her), is the owner of FlySpace Physical Therapy. A graduate of the SUNY Purchase College Conservatory of Dance, she earned her doctorate in physical therapy from Columbia University. Marissa previously served as a senior therapist at Alvin Ailey American Dance Theater and now leads all of FlySpace's backstage and onsite contracts, including coordinating physical therapy services for touring companies. She directs FlySpace's ongoing partnerships with St. Ann's Warehouse and Steps on Broadway, and through FlySpace has supported countless dance companies—including HopeBoykinDance, Parsons Dance, and GALLIM—as well as multiple theatre and musical theatre productions, most recently acting as the lead therapist on *Pirates! A Penzance Musical*, *Queen of Versailles*, *Anna Christie* and others. In addition to presenting at performing arts medicine conferences, she has published research in academic journals and contributed to *Dance Magazine*, *Dance Teacher Magazine*, and *Dance Studio Life*.

Dylan Modugno, PT, DPT (He/Him) is a performing arts physical therapist with a passion for helping artists stay strong, healthy, and stage-ready. With experience providing onsite care for Broadway productions and elite dance companies, he specializes in injury prevention, manual therapy, vocal massage, and return-to-performance treatment. Dylan has provided backstage care and performance support for productions including *Sunset Boulevard*, *Operation Mincemeat*, *Patriots*, *Shit.Meet.Fan*, *Old Friends*, *The Great Gatsby*, *The Notebook*, and *Empire the Musical*. He has also worked with dancers from the Manhattan Youth Ballet, School of American Ballet, Dance Theatre of Harlem, Alvin Ailey American Dance Theater, and collegiate programs at NYU, Pace University, and Marymount Manhattan College.

Adrian Miranda, PT, DPT (he/him) is a physical therapist specializing in performing arts physical therapy, backstage physical therapy, and injury recovery for actors, dancers, tv, film, and stage performers. He earned his Doctorate in Physical Therapy from Ithaca College and completed advanced orthopedic residency training at Sacred Heart University. Adrian has provided backstage physical therapy for Broadway, Off-Broadway, and major NYC productions, including *BalletX* (The Joyce Theater), *Music City* (Bedlam), *Pirates of Penzance* (Roundabout Theatre Company), *Steps on Broadway*, *Henry IV*, *The Merchant of Venice*, and *The Tragedy of Coriolanus* (Theatre for a New Audience). As a performer and creator himself, Adrian



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understands the physical demands of auditions, rehearsals, busy show weeks, and live performance. His approach combines manual therapy, movement retraining, and performance-specific education to help performers recover from injury, prevent re-injury, and return to the stage stronger, more resilient, and performance-ready.